## CONCERNING HEALTH and BEAUTY By MRS. HENRY SYMES



## ADVICE ON SOCIAL **CUSTOMS**

Mrs Chester Adams

LITTLE CIVILITIES

- AM reminded by one of Moliere's comedies of the degree of perfection attained by the French in the little civilities of life. Says Prodigal to his father, who comes to denounce him, "Pray, sir, take a chair; you could scold me much more at your ease if you were seated." That represents the typical politeness of a race that has always been held as the criterion of the West with regard to manners. It also suggests the deplorable condition that exists over here of letting the little things go.

A man will occasionally risk his comfort to be classed as a "gentleman," and then forget to pass the bread. A young woman who resents the suggestion that she is ill-bred will inter-

rupt an important conversation by fool-

ish questionings or remarks with ab-

solutely no thought of the consequences. But, after all, the little civilities are very important. I think that it is quite within the ability of American women to decide that little actions must be performed with a faithful observance of the underlying principle of kindness just as surely as the more formal etiquette of the day.

Insist that your husband or your

brother or your cousin remove his hat when he accosts you on the street. Demand that your kerchief be picked up, the door be opened and the little acts that are so little that they dwindle to insignificance in the masculine estimation, but nevertheless are the important factors of good breeding, be scruoulously rendered.

Little civilities are easily recognized by even the untrained. Gentlemen should remain standing at a dinner table until the ladies are seated; young people should be sure that older persons have been well provided for at table, public places or in any position where comfort results from the thoughts of others.

Chairs should be pulled out as a woman or an elderly person enters the room. Trouble must be taken to pass behind a person, and under no circumstances should a man, woman or child break through a line or group of people without begging a pardon.

I heard the other day of a very gentlemanly youth who removed his hat in an elevator in the presence of ladies, but has stopped it because it was of such an uncommon occurrence that the sight caused women, especially young women, to smile. Therefore, he stopped. Let me strongly urge that, after a firm conviction of the right civil thing to do has become fixed in your mind. let no smiles of the multitude swerve you from the path of politeness,

You will never make a mistake by being too kind or too considerate of others. No act is too small to leave an impression on the lives of others and on your own character. Take care of the little things, and the big things will take care of themselves.

## VELOP

fathers are watching the efforts on the diamond, why not let us play ball for the sake of our muscles? So many of my readers are seeking development of the neck and arms that I am going to prescribe some exercises in the open air that in reality are based on drill with dumbbells, but the baseball or tennis ball is used instead.

The proverbial woman's way of pitching a ball is not shown here. You will have to forget the fact that you are not a boy, and throw the sphere straight from the shoulder to your companion. That means a drawing back of the hand and a use of the

Fill out

the Neck

OW that our brothers and shoulder muscles, not merely the wrist. After passing the ball a few times to the catcher, try it with the left arm, otherwise there will be uneven development. At first this will be difficult, but ease is gained with practice.

For the back muscles toes the ball high up in the air, running under it to catch it. You will feel the strain on the shoulders and back, which means that these muscles are not used to the exercise that they in reality should have.

Then throw the ball down to the ground, raising the arm high above the head. The muscles from the neck to the deltoid on the upper arm are exercised in this way, and a development of the shoulder results. Each arm, of

You remember the movement with the

dumbbell in which a rotary motion is taken, swinging the bell toward the back? Well, use the ball in the same way, tossing it up into the air from the back. The shoulder blades are flattened into place and the muscles at the center of the back between the shoulders are developed. Again I urge the use of both arms.

Lest the forearm be forgotten, the throwing of a ball against a wall or

throwing of a ball against a wall or door is recommended. Hold the head erect and the shoulders straight and let the arm do the work. Then the other arm, please.

Of course the whole body is exercised by the running to catch a ball, and undoubtedly you will inhale more quickly and more deeply the fresh air that is necessary for good health.

So play ball, my friend! And make a home run for a good development of the muscles of the body and excellent health.



ANSWERS TO BEAUTY QUERIES

WING to the great amount of mail received and the limited space given this department, it is absolutely impossible to answer letters in the Sunday issue following their receipt. The letters must be answered in turn, and this offtimes requires three or four weeks.

All correspondents who desire an immediate answer must inclose a self-admediate answer must inclose a self-ad-dressed stamped envelope for a reply. This rule must also be complied with in regard to personal letters.

Would Like to Be Stouter



something to make me stouter? It is my nature to be thin. I mean something besides clive oil. I am nearly 16 years old.

2. What is it that is used to make thick lips thin 26 How is it used and how is it bought?

3. Would it be harmful for a girl of my age to use coooa butter to develop the bust?

bust?

4. How much does it cost to have superfluous hair removed by the electric needle?

5. Are my measurements correct? If not,
where are the faults? How can I obtain
the right measurements? Bust measure,
& inches; hipa, 37 inches; waist, 22 inches;
calf of leg, 12 inches; lower arm, 8 inches,
neck, 11% inches; height, 5 feet 4 inches.
CHRISTINE.

neck, 11% inches; height, 5 feet 4 inches.

CHRISTINE

1. I do not advise you to take any internal medicine to add flesh to your body, for as you grow older you will probably take on more flesh. You should eat foods that build tissue, and thoroughly masticate everything you eat. Avoid food that will not digest easily and give up pickles and vinegar and other strong acids. Sleep ten hours out of every twenty-four. Go out in the fresh air and sunshine as much as possible.

2. Tannin is used to reduce thick lips. It may be bought at any drug store. To make the astringent, use one teaspoonful of tannin to eight ounces of water and apply to the lips once a day.

3. Not at all.

4. The prices vary, but the treatment is usually rather expensive.

5. Your measurements are not quite correct, but you are too young to expect your body to be evenly developed.

Hair-Hands

Dear Mrs. Symes.

I have read so much of your different recipes for so many troubles that I hope you will be able to help me. My hair will grow beautifully for a while and then my head will hegin to itch and sting, which causes the hair to fall out. I have lots of dandruff and gray hair. Have tried whiskey and quinne and olive oil, coal oil and esg shampoo with no good results.

My hands chap and crack so easily. The ends of my fingers get so sore. If I sweep or do any kind of dirty work they get so hard and grimy. Hope you can give me something to help them.

E. G. R.

In the most severe cases of dandruff castor oil has proved an excellent cure, so I advise you to try it. Rub a few drops of the oil on the scalp once a day. Brush your hair often. Spend ten or fifteen minutes brushing it every day, so that the scalp may be made healthy. If this treatment does not prove beneficial, you had better consult a specialist and find out whether or not the scalp is diseased.

diseased.

Whenever possible you should wear gloves while doing your work, so that they will be protected from the dust and dirt. When washing the hands use the best kind of soap and be sure to dry them carefully. Too many persons are careless about drying their hands, therefore the skin chaps easily. A little almond meal put into the water in

which the hands are washed will soften them. Mutton tallow is excellent for rough hands. You may easily render some of the mutton fat at home. Rub the tsllow into the hands before retir-

To Remove Blackheads

Dear Mrs. Symes.

Would you please tell me how to remove blackheads from my nose? They look like fly specks. I have used all kinds of creams, but they do no good. Must I have the recipe put up by a druggist?

A CONSTANT READER.

A CONSTANT READER. Apply hot cloths to your nose; then scrub the skin to get rid of all dirt. Dry carefully and apply the cream for which I am giving the recipe:

Massage Cream.

A few treatments like this will soften the black specks so that they may be easily pressed out. If you wish, you may prepare the recipe, but it is always better to take it to a reliable druggist, because he has all the necessary articles with which to do the work.

To Increase Growth of Hair Dear Mrs. Symes.

My hair is very short and thin, and I would like to ask if there is anything that will increase the growth and thickness of it without changing the color.

A. D. S.

The following is a recipe for an excellent tonic, which I trust you will use on your scalp once a day. To have good results you must be regular in your attention to your hair:

Chronic Flushing

Would you kindly tell, me of some remedy for chronic flushing of the face? When I get the least bit warm or excited the blood rushes to my head and I don't seem to have any control over it. I am sure it is not due to indigestion, as I am very careful what I eat. My skin is very thin and transparent and I have always had red cheeks.

I fear that nothing can be a way to be a sure of the characteristics. cheeks. MYRTLE D.

I fear that nothing can be done to cure the habit, for the blood is always more or less noticeable in the faces of persons who have thin skins. The chronic flushing is probably due to a

nervous temperament, which cannot be overcome. One comforting thought you may have is that as you grow older the color will be lessened, and at a later day you will feel glad that you have such a touch of beauty.

Oily Skin and Hair

Dear Mrs. Symes.

What can I use to close the pores in my face? It is also very oily. I have used tincture of benzoln, but it seems to help my face very little. I am very careful about my diet, eating scarcely any meat and no pie and cake. My hair is also very oily. I shall be very grateful if you would tell me something to benefit my face and hair.

G. W. C. C.

To reduce the size of the pores and to make the skin less oily, wipe the face occasionally with diluted alcohol (25 per cent. strength), which is beneficial in the case of an oily skin. A. few drops of ammonia or a pinch of borax in the water with which the face is washed is also helpful.

For the oily hair I advise you to use the following mixture daily, rubbing well into the soalp:

A Red Nose

Powdered calamine. 1 dram Zinc oxide. 30 grains Glycerine 4 dram cherry laurel water. 4 ounces

This lotion should be well shaken before it is mopped on the nose. It may be used both morning and evening. Blackheads, Freckles, Etc. Dear Mrs. Symes.
Will you kindly give a remedy for blackheads, freckles and falling eyelashes?
H. M. S.

H. M. S.

To get rid of blackheads, it is necessary to thoroughly clean. I might say scour, the face once a day. The best time for this treatment is at night. Before retiring apply cloths wrung out of hot water to the face. Then scrub the face so that all dirt and dust will be removed. After drying, thoroughly massage a good cream into the skin. Rub the face with a soft cloth to remove the cream, then wash with hot water and

rinse with cold water. Three or rour or these treatments given on successive nights will soften the blackheads so that they may be easily pressed out with the thumb and foreinger, which should be covered with a cloth, so that the finger nails will not touch the skin. After removing the blackheads, mop the face with a lotion made according to the following recipe: following recipe:

Pure brandy ... To get rid of freckles, bathe the face in the morning with water to which amon juice has been added. Be sure to always have your face well protected from the sun and wind if you wish to prevent the appearance of more freckles. To improve the condition of your eyebrows, apply the very best kind of vaseline to them every night.

Dry Hair

Dear Mrs. Symes.

Will you please tell me something to improve my hair? It is very thick and long, but is very dry and breaks off so much. It mats very easily. After washing my hair I must put something on to make it oil; and I would rather not do so if I can get something which will help it without using salves.

Please publish your correct address. I am afraid I have not got it right.

Mrs. W. J. W.

Mrs. W. J. W.

Once a day apply the lotion for which
I am giving the recipe to your scalp
and then brush the hair for ten or fifteen minutes, so that the preparation
may be evenly distributed through the
hair, If you strictly follow this advice
your hair will not mat so easily.

Glycerine 1
Eau de cologne 1
Liquid ammonia 1
Oil of origanum 1
Oil of rosemary 1
Tincture of cantharides 1 Briskly agitate for ten minutes, then add camphor julep, ½ pint and again mix well and stir. A few drops of essence of musk or other perfume can be added. The manner in which you addressed your letter to me was correct.

For Falling Hair Dear Mrs. Symes.

Will you oblige me by printing a formula in your column for a falling hair tonic? I have had one from you which has benefited me wery much, but have lost it. C. G. C. G. C.

I am sure you will find the following recipe valuable if you apply the lotion to the scalp daily: Cologne 8 ounces Tincture of cantharides 1 ounce Oil of English lavender 5 dram Oil of rosemary 5 dram

Drinking Tea

Dear Mrs. Symes.

Will you please tell me whether tea will make the face break out? I have been drinking tea from childhood days, and now I am 16 years old and my face is filled with pimple and blackheads, I cannot drink coffee. What can I do to clear my complexion and make it white? and make it white?

If one wishes to have a clear, smooth complexion, she should give up the habit of drinking tea or coffee and instead drink milk or water.

To get rid of the blackheads in your face follow the advice given to "H. M. S."

The pimples are probably due to an impure condition of the blood, and in such a case it is well to seek the advice of a physican.

Vaseline on the Hair

Dear Mrs. Symes.

1. If roubling in a small amount of good vaseline helps the growth of hair, will it not also cause it to be more cily? My hair is naturally so, and I have had vaseline prescribed for it, yet hesitate to use it.

2. Will plaiting the hair tightly make it grow coarser?

3. Do good creams encourage a downy growth on the face and neck?

4. What is the best dye for a braid; the most lasting, yet least expensive? My switch has "turned" completely on me, and I do not feel that I can afford a new one.

MADELINE. MADELINE.

1. If you use but a very little of the vaseline on your hair each time it will not make it so very much more oily. If you would rather use another hair-grower you might try the ene made by this recipe:

Quinine Hair Tonic. Sulphate of quinine...... 1 dram coarser.

3. No.

4. Any first-class hairdresser will be able to sell you a dye the color you de-

To Develop Neck, Arms, Bust

Dear Mrs. Symes.
Will you please give me a remedy to fatten my neck, arms and bust?
GRATEFUL.
Massage with cocoa butter will help to develop the different parts of the body you mention. Along with the massage, I advise you to take the Vaucairo tonic, for which here is the recipe:

## SOLUTIONS TO SOCIAL PROBLEMS

Card Party

DEAR Mrs. Adams.

If one has been invited to a cord party, should a note of acceptance be sent? If so, how should it be stated? If something should happen at the last minute that prevents one from going, should word be sent to the hostess?

PLEASE. An invitation to a card party should be answered, so that the hostess may know whether or not she may rely on your presence. A note of acceptance may be written in the following form: may be written ...

Dear Mrs. Smith.

It gives me great pleasure to accept your invitation to play cards on January the tenth, at half-past two o'clock.

Sincerely yours,

MARY JONES.

If at the last moment you are prevented from going, you should immediately notify your hostess, so that she may supply a substitute.

After a Dance

Dear Mrs. Adams.

1. Is it proper for a girl of 16 after a dance is over to remain on the floor talking with a boy, or should she take a seat?

2. When a couple are walking down a country road, on which side of the girl should the man walk?

3. I have been receiving the attentions of a young man for sow a time and I think a great deal of him. There is another girl about my own age who likes him. I know he loves me best, but one evening at a dance he paid her marked attention, which I knew was only to make me jealous. What should I say to him about his actions?

4. At an informal party, is it proper for my escort to take another young ledy to supper? Should I be offended if he did so?

5. I had dinner with a girl friend who has a brother. There were three girls and three boys present. When I return the hospitality, may I ask the young men?

1. It would be better for her escort

1, It would be better for her escort to lead her to a seat, so that they will not be made conspicuous.

2. On the side where he may be of most protection.

3. The better plan would be not to say anything more about the matter.

4. It is proper for him to do so, provided he is sure that you have an escort. You have no reason to feel ofcort. You have no reason to feel of-fended.

5. You may invite the young men if you desire to have their company.

What to Say

Dear Mrs. Adams.

Kindly help me with the following perplexities:

1. When one is taking leave at a "tea," what can one say to the hostess? I feel so stupid not saying anything. Can one say she had an enjoyable time?

2. We have dinner at 12 o'clock and sup-

per at 6. Could I properly rechristen dinner to "juncheon" and still serve soup? Is supper served in courses, or is it more proper to have all the dishes on the table at once? 3. When placing paper frills on chops, where is the frilled end placed—inclosing the meat or at the end of the bone?

4. When coffee is poured at table by hostess, are the cups and saucers "banked," or are the cups placed in the saucers? If the latter is correct, would it not take a good deal of space to have seven or eight saucers placed in front of hostess? UNSIGNED. 1. It is expected of the guest to assure the hostess that she spent an enjoyable 2. You may easily rechristen dinner to luncheon and still serve soup. Supper is usually an informal meal, where food is not-served in courses. 3. The frill is placed at the end of the one.

4. Each cup, placed on a saucer, is placed before the hostess. As the table is cleared before the coffee is served, there is plenty of room for them to be so arranged.

Extremely Bashful

Dear Mrs. Adams.

Is it a sign of mental weakness for a boy of 17 to be constantly regretting that he is not a social success? Don't you think it a very unmanly way to be, especially when it is mostly his own fault, for he is very sensitive and imagines the girls slight him? Do you think he ought to leave school and go to work and help him to forget himself? He is a good boy, but I would like him to be more manly and brave.

Mrs. T. E. W.

Mrs. T. E. W.

It is not a sign of mental weakness. It is evidence of overbashfulness. Many boys between the ages of 15 and 18 have this same uncomfortable feeling of self-consciousness, but they outgrow it. You would make a mistake to take him away from school, for you would be depriving him of the daily association with boys and girls, the very thing he needs to help him along.

A Chaperor Necessary

Dear Mrs. Adams.

1. When two girls, ages 16 and 17, go out with one boy, is a chaperon necessary?

2. When a young man asks me for another dance, what must I say if I don't want to dance with him again?

3. What must I say to a young man who holds one too close when dancing? Should I refuse to dance with him at all?

4. How many dances can I dance with one young man without being noticeable?

5. Would it be all right for a crowd of boys and girls to go bicycle riding on a moonlight night without some older person with them?

MARY.

1. Yes. 2. You may say, "Thank you, but I do,

not think I shall dance this number. I feel a little tired." You cannot, however, refuse to dance with one young man and give the same dance to another. other.

3. You may tell him that you do not enjoy a dance unless you are allowed more freedom. If he refuses to hold you in the proper way, you would be justified in refusing to dance with him, 4. Not more than two or three, 5. No; a chaperon is absolutely necessary.

Correcting Round Shoulders

Birth Announcement Dear Mrs. Adams.

1. What is the polite thing to do when one receives a card announcing the birth of an infant?

2. Should blace cards at a dinner be left on the table, or may one take his card if he so wishes?

3. At an afternoon wedding reception does the husband receive with the bride? That is, the "at home" given a couple months after the wedding. When married couples receive invitations to such receptions are the husbands supposed to attend if they can?

LILLIAN.

For the Back.

Muscles

1. On the receipt of a card announcing a birth, a call is made to inquire after the health of mother and child and cards are left for them both. Should distance prevent one from calling, the card should be answered by posting to the mother a visiting card with the words "Hearty congratulations" written in pencil above the name.

lations" written in pencil above the name.

2. The place cards may be taken by the guests as souvenirs of the occasion.

3. When a newly-wedded couple hold a reception the husband should assist his wife to receive the guests. If possible, the husbands should accompany their wives to the afternon reception when the invitation has been extended to both.